بسم الله الرحمن الرحيم

Bismillahir Rahmanir Raheem

(In the name of ALLAH the most Merciful and the most Beneficent)

As Salamu Alaikum Wa Rahmatullahi Wa Barakatuhu.
(May peace and blessings of ALLAH the most Gracious be upon all of you)

FIRST STEP IN I S L A M

Brother / Sister we thank ALLAH the most Gracious and congratulate you and also welcome you to the Religion of Truth and Peace, the Religion of Islam. This note will guide you in your first steps in following Islam in the light of Qur'an and authentic Hadeeth of our prophet Muhammad (peace be upon him (pbuh)) which are called as 5 pillars of Islam....

1. **Shahada** - Confession/Declaration of Oneness of ALLAH and the Prophethood of MUHAMMAD (pbuh).
2. **Salah (Namaz)** - Compulsory 5 times worship and remembrance of ALLAH.
3. **Roza (Fasting)** - Fasting in the month of Ramadan.
4. **Zakat** - Compulsory Charity.
5. **Hajj** - Pilgrimage to Makkah.
6. **Do's & Don'ts** - Things which are obligatory to do and prohibited acts in Islam.

Pillars of Islam

1. **Shahada:** Confession / Declaration of Oneness of ALLAH and the Prophethood of MUHAMMAD (pbuh).This is the first and the main pillar of Islam by which one enters into Islam and is called a "MUSLIM". There are two parts of declarations....

FIRST DECLARATION

ASH HADU AN "LA ILAHA ILL LALLAH"

I BEAR WITNESS (DECLARE) THAT "THERE IS NO GOD (WORTHY OF WORSHIP) EXCEPT ALLAH"

Now that you have believed and confessed that there is no god whosoever except ALLAH you have to STOP and abstain from worshipping, obeying, invoking, bowing, prostrating, seeking help from all things (i.e. Creations, Idols, Nature, Animals, Humans, saints, etc) other than ALLAH and on the other hand START worshipping, obeying, invoking, bowing, prostrating, seeking help only from Allah and for ALLAH.

SECOND DECLARATION

WA ASH HADU ANNA "MUHAMMAD'AN A'BDUHU WA RASOOLUHU"

I ALSO BEAR WITNESS (DECLARE) THAT "MUHAMMAD IS THE SLAVE (A'BD)
AND (LAST AND FINAL) MESSENGER (RASOOL) OF ALLAH".

Now from the first declaration we knew that we should worship only ALLAH in the second declaration it shows how to worship ALLAH meaning, Muhammad (pbuh) is the last and final messenger to show us how should we worship our creator. To make it more clear you should understand that your any act of worship and obedience towards ALLAH will not be accepted untill and unlessl it is on the method shown by Prophet Muhammad(pbuh). But BEWARE that Prophet Muhammad (pbuh) is only a messenger of ALLAH and not a person to be worshipped or invoked for help.

2. SALAH (Namaz): Salah i.e. Namaz is the second Pillar of Islam which is an obligatory Ibaadah (worship) and remembrance of Allah. For example if you take an admission in a school where 100% attendance is compulsory for you to qualify to appear for examinations, in the same way as now that you have taken admission in Islam it is compulsory on you to give 100% attendance in Salah at its fixed times for you to qualify for salvation i.e. paradise. But a very important point which our Prophet (pbuh) said that "Pray as you have seen me Pray"

1. Fixed times and number of prayers:

There are five obligatory prayers which are to be prayed on fixed times with different number of Rakats (units).

1)	**Fajr**	- After Dawn	BUT	Before Sunrise	- 2 units
2)	**Zohar**	- After Noon	BUT	Before 3.00	- 4 units
3)	**Asr**	- After 4.00	BUT	Before Sunset	- 4 units
4)	**Maghrib**	- After Sunset	BUT	Before Esha	- 3 units
5)	**Esha**	- After Magrib	BUT	Before Midnight	- 4 units

2. Before Beginning your Prayer:

A) Wudu (ablution): It is compulsory to purify yourself for Salah by doing ablution unless and until it is broken by passing wind, urine, excreta and deep sleep.

i. Say Bismillah and always start from right side with a repetition of maximum three times.

ii. Gargle and Sniff your Nose deeply.

iii. Wash your face from forehead to chin and between two ears.

iv. Wash your Hands upto the elbow.

v. Wipe or pass wet hands from your forehead to your skull.

vi. Finally wash your legs upto ankle.

B) Facing Qiblah, Placing Sutrah and Making Intention: It is been ordered by ALLAH that we should face qibla i.e. the direction towards Makkah which is WEST in India. After this you should place a sutra i.e. curtain but without any pictures and images before you and intend before praying but it should be in your heart not with your tongue.

3) Beginning of prayer: Say "Allahu'akbar" raising your hands facing qibla upto your shoulders. This action is called "Raful yadein" i.e. raising hands. After this Place your right hand on your left forearm above the navel and keep it on the chest. This is the key start for your prayer now you must think that you are in front of Allah and station your eyes down and do not look up, right or left with no movement of your body and you do not talk till you end your prayer. This is called "Khushoo" i.e. submissiveness which is very important aspect of prayer mentioned in the Quran in surah 23 verse 2.

1st unit of prayer:

Step 1: After beginning Recite "Surah Fatiha"(1) which is compulsory please refer supplication sheet.

Step 2: Recite any part of the Qur'an for e.g. "Surah Ikhlas"(2) or "Surah Kausar"(3).

Step 3: After recitation say "Allahu'akbar" raising your hands upto your shoulders and then go in "RUKOO" (Bowing) i.e. place your hands on your knees and your back should be parellal to the ground. During Bowing you should say " Sub'hana Rabbiyal A'zeem 3 times.

Step 4: Then stand Raising Hands upto Shoulders saying "Sami allahu liman hamidah."

Step 5: Then go in "SAJDAH" (Prostration) i.e. first place your two palms on the ground then your two knees and finally your forehead with nose touching the ground. During prostration you should say "Sub'hana Rabbiyal A'laa 3 times

Step 6: Then get up and sit up on your left foot and keep your right foot upright and say "Rabbig'firli Rabbig'firli".

Step 7: Then perform prostration for the second time.

Step 8: Now sit up wait for two second and stand up for the second unit.

2nd Unit of Prayer:

- Repeat step 1 to step 7 and skip step 8.
- Step 9: Now sit up and raise your right index finger and Recite "Tashahud"(4)
- Step 10: If you are praying only 2 units you have to recite "Darood"(5) and Dua (6).
- Step 11: End your prayer by turning your face to the right first saying "As Salamu Alaikum Wa Rahmatullah" and then to your left and again repeating "As Salamu Alaikum Wa Rahmatullah"

3rd Unit of Prayer:

- Repeat steps 1 to 9.
- Step 12: Stand up Saying "Allahu'akbar" raising your hands upto your shoulders.
- Then repeat steps 1 to 7.
- Then follow step 9 and 10.
- Then End your prayer by repeating step 11.

4th Unit of Prayer:

- Repeat Steps 1 to 9.
- Step 12: Stand up Say "Allahu'akbar" raising your hands facing qibla upto your shoulders.
- Then repeat steps 1 to 10.
- Then End your prayer by repeating step 11.

4) After the Prayer:

- Say "Allahu'Akbar" 1 time.
- Say "Astagh fir-ullah" 3 times.
- Recite "Ayatul Kursi(4)" Chp 2 Surah Baqrah Vrs 255.

5) Voluntery Prayers:

Voluntary Recommended Prayers (Sunnah of the Prophet) which is to be prayed Before or After obligatory Prayers.

1) **Fajr** - 2 units Before.
2) **Zohar** - 4 units Before and 2 units After.
3) **Asr** - Nil
4) **Maghrib** - 2 units After.
5) **E'sha** - 2 units After.
6) **Witr** - 3 units (Prayed after E'sha)

3. **Fasting In Ramadan:** It is made obligatory for the Muslims to Fast in the month of Ramadan as per Chp 2 Surah Baqrah Verse 183. After having "Suhr" i.e. Morning meal before Dawn we have to abstain from eating, Sexual Intercourse, and all acts which Allah has forbidden to do till sunset.

4. **Paying Zakat:** It is Compulsory on every Muslim who has a liquid wealth equivalent to 75 grams of gold for one lunar year has to pay Zakat i.e. Compulsory Charity 2.5% on the same.

5. **Hajj:** This is a pilgrimage to Makkah which is to be performed only once in a lifetime by a Muslim who has the means to do. (Wealth, Health and safety).

Do's and Don'ts in Islam: Things which are allowed and things which are forbidden in Islam.

A. Do's in Islam: These acts should be performed.

i. To worship ALLAH alone FEAR Him and Be Obedient to only Him.
ii. To Follow and Obey Muhammad (pbuh) the Messenger of ALLAH.
iii. To Pray compulsory 5 times Salah on their fixed times.
iv. To Fast (Roza) in the month of Ramadhan.
v. To pay Zakat of 2.5% if you have liquid wealth more than 75 grams of Gold.
vi. To perform Hajj if you have the means (health, money and safety).
vii. To Read Qur'an with its Meanings every day.
viii. To order for Good deeds.
ix. To forbid what is evil.
x. To circumcise yourself and keep a Beard.
xi. To wear proper clothes covering your "aurah" (navel to knees for men and full body cover for women i.e. Hijab)
xii. To be good to neighbours.
xiii. To maintain self Cleanliness.

B. Don'ts in Islam: These acts are strictly forbidden in Islam.

i. Do not do Shirk i.e. Do not Worship anyone other than ALLAH.
ii. Do not disobey your Parents.
iii. Do not kill any Innocent person.
iv. Do not commit Adultery (i.e. ZIna, Rape, illegal sex, Pronography,etc)
v. Do not consume or involve yourself in INTEREST i.e. Riba, usury.
vi. Do not believe Fortunetelling, Palmistry, Zodiac signs,Numerology, Vaastu, etc.
vii. Do not stare at any women with lust but instead lower your gaze.
viii. Do not tell LIES and give false witnesses.
ix. Do not indulge in Cheating, Insulting, Backbiting, Spying and Suspicions indeed some suspitions are Sins.
x. Do not eat Pork, Dead animals, Blood and anything which is slaughtered, cooked or distributed on names other than ALLAH.
xi. Do not have Alcohol or anything which Intoxicates (i.e. Drugs)
xii. Do not Gamble and give loss to other people in measurement.
xiii. Do not harm any person with your Tongue and Hands.
xiv. Do not let your trousers go below your ankles.
xv. Do not walk with pride and avoid being angry.

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